

GET A "WEIGHT DEGREE" FROM A SCHOOL OF HEALTH

Ten Per Cent Under Weight Means Something Wrong

EVERY child who is 10 per cent below weight is a sick child," say the health experts at work on the problem of underweight children at Public School 40. If a child is seven years old and 46 inches tall, as he should be, he must weigh very close to 50 pounds in order to be altogether up to weight. If he is 10 per cent less he cannot pass the entrance examination for a school of health. But here, at last, is a school where those who don't pass are the ones to be taken in.

Two Hundred and Fifty Applicants for a Health Degree

The People's Institute, assisted by eminent physicians and the Board of Education, is offering a course in health education this summer which, if it succeeds, will graduate 250 children who are now under weight into the ranks of health, ready for next year's school work.

Their method of work is this: All applicants for the school of health are weighed and measured and their ratio of weight to height computed and referred to standard tables. Those children who are 10 per cent below the normal are registered and become students in the summer school of health. They range in age from five to twelve years. They are divided into groups according to their ages and meet with doctor and nurse in classes to discuss the curriculum.

Planting the Desire for Health

It is laid before them in some such simple form as this: "Do you want to be bigger and stronger and be able to play longer and run faster and to throw your ball higher? Do you want to feel better and stop getting tired and having colds and being called 'Skinny'? Well, if you will come here every day, just like a regular school, and do what we say, we think we can help you to do this."

The children respond no end to the idea of getting strong and being able to play more and run faster. Besides, the fact that so many are excluded and

so few admitted to this school makes it very popular.

A Happy Course in Playing and Eating

After the pupils are thus voluntarily enlisted, each child is given a brown notebook entitled, "Record Book of Measured Feeding," by William R. P. Emerson, M. D., in which each child is asked to write just exactly what he eats every day. A few simple rules are given for recording quantities of food by the cup or tablespoonful.

Until the work on the books is done no individual problems can be attacked, but there are certain blank rules that apply to all underweight children. These sound very simple to the parent of any well brought up child, but are important for these children chiefly because of the unanimity with which they are disobeyed under the ordinary conditions of their lives.

Rule 1—Underweight children must not play too hard.

Rule 2—Underweight children should have a hot meal at noon.

Rule 3—Underweight children should have a rest period after luncheon.

Rule 4—Underweight children should have a lunch in the middle of a long afternoon.

Rule 5—Underweight children should be kept clean and happy.

It is easy to see that obedience to these rules cannot injure any child. The establishment of this much routine is only the matter of a few days. The school hours are from 9 to 5. The mornings from 9 till 12 are spent in free play under a supervisor supplied by the Board of Education in a shaded courtyard of the big public school. A hot lunch is delivered in heated and cooled containers at 12 o'clock by the big cooked food plant of the Association for Improving the Condition of the Poor. The children pay 5 cents each for this meal.

After lunch, during which conversation and slow eating are encouraged, there are a few moments of play and then the rest period. For half an hour all rest and many of them sleep. Then faces and hands are washed and quiet occupations follow, suited to the ages of the groups. There is singing and story telling, reading and knitting, table games and cooking classes. Every child has a chance to choose, and is only interrupted by the call to afternoon refreshments.

In spite of the hearty midday meal, 4 o'clock finds almost all of the children ready to partake of the crackers and milk. Two glasses of milk apiece is the ration. At first this seems too much, for

By DELISSA BURTON

What Does Your Child Weigh?

This is what he or she should weigh between 5 and 12 years of age.

AGE.	BOYS.		GIRLS.	
	Height, Inches.	Weight, Pounds.	Height, Inches.	Weight, Pounds.
5	41.8	41.1	41.3	39.7
6	43.8	45.2	43.4	43.3
7	45.7	49.1	45.5	47.5
8	47.8	53.9	47.6	52.0
9	49.7	59.2	49.4	57.1
10	51.7	65.3	51.3	62.4
11	53.3	70.2	53.4	68.8
12	55.1	76.9	55.9	78.3

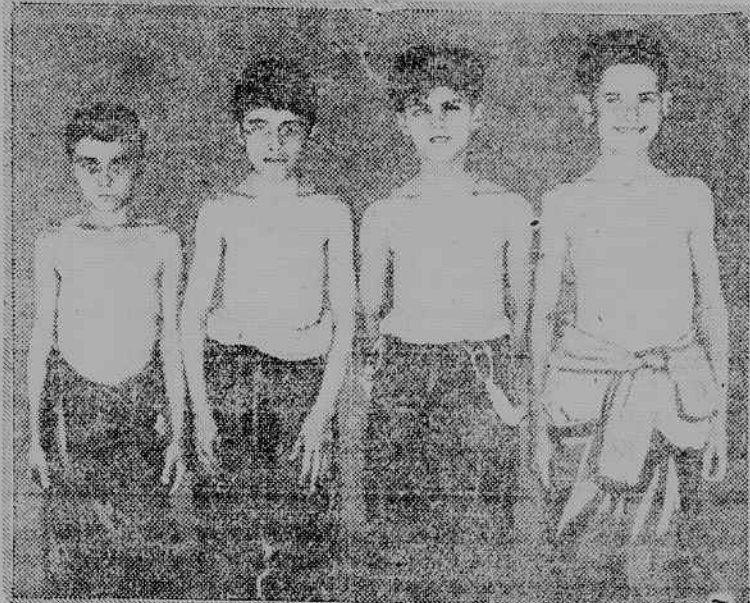
Lack of appetite is one of the characteristics of the malnourished child, but group psychology has its effect, and the universal childish desire to get as much as the next fellow often counteracts the habit of being too dainty.

The "Reverse Shylock"

In the brown notebooks, now all corrected and computed at the expense of many hours of clerical work and an infinite number of home visits, are quantities and fill-in blanks. It is pretty



The scales tell the story and the lunch is the sequel



A showdown for admission to the underweight class

(Photos by Jessie Tarbox Beals)

PROFESSIONAL HOUSEKEEPING

By ANNE LEWIS PIERCE, Director, The Tribune Institute

SECOND HELPINGS

are smiled upon in the 5 cent lunchroom of the School of Health, described by Miss Burton, but you get no dessert if you eat no soup. Bread and butter never give out, but jam sandwiches come in crowds of one only. This luncheon and the crackers and milk served at 3 or 4 o'clock assure the children at least 1,000 calories out of the 2,000 they ought to get during the day.

Do they know why candy is frowned upon and jam is skimmed? They do. It means a poor appetite for the fattening foods and a line on your weight chart that dips down, down, down, instead of going up, up, up, like Tommy's or Mike's or Giovanni's. To be able to drink only one glass of milk is a social stigma in this society. It is a hard day for Mike when spaghetti is on the menu and a red letter day for Giovanni, but each labors faithfully to eat his way to strength and the desired weight.

On the New Citizen's page of the Institute for August 11 the social aspect of this experiment in building vicious citizens was discussed. This is a perfect case of one of woman's vital home interests (it being woman's particular func-

Three Typical Five-Cent School Lunches

Lamb stew; bread and butter and a jelly sandwich; stewed apricots.
Split pea soup; a jam sandwich and one bread and butter sandwich; ice cream.
Macaroni with tomato sauce; egg sandwich and stewed prunes.

tion to build children's bodies, first and last), carried out into the state where a woman through her vote can demand, both directly and indirectly, that money be appropriated for this purpose.

One must often choose whether money shall go for new postoffices, for paving a certain street or for health and recreation for children; just as one must choose whether the family budget shall make room for new curtains or for certified milk and sleeping porches. One appropriation may involve a political job for some one, while the other earns its interest only in future citizen efficiency and economies in state bills for hospitals, reformatories and prisons.

Women will choose to invest in child health and happiness—whether it is their

child or some one else's—every time, if only they will think about it. And that is the reason we insist on talking about it, under the head of "Professional Housekeeping." It is just that—this movement to lay the foundations of child health deep and strong in the home, the city or the state, is "Professional Housekeeping."

See that your own child is up to weight and perfectly nourished. Then see that every child your influence can reach—and that means now your vote's influence—is the same. Getting a nourishing luncheon for every child in the public schools is one way of doing this. Push for it, pull for it, speak for it, work for it, every time you have a chance. The chances will come when you begin to think about it.

The old-fashioned housekeeper wore herself out fighting dirt. The up-to-date housekeeper lets the vacuum cleaner do the work and goes after the vital issues of her bigger job of "homemaking," the first of which is seeing that all children shall be free to enjoy "life, liberty and the pursuit of happiness." And they can't do it, the wise ones tell us, if they are under weight.

Running a Race for a Pound of Flesh

tion, but are also often found to be draining a slow poison into the system. This, of course, prevents the proper digestion and assimilation of the food which is eaten and causes serious trouble, extending to the general health and causing the child to drop far below normal in weight.

Competition in Weight Gaining

As soon as the facts are obtained a chart is made for each child, showing in a graphic manner the weight and height at the beginning of the course and the goal to be obtained. Each week the child is weighed and measured on the same day and his gain or loss recorded on his chart. Great is the joy of the children who see their weight line going up. The effect on children whose weight goes down is that they catechize the nurse for the reason and will not themselves rest until something begins to happen in the right direction. This is the effect of the class method, where competition is played up as a healthy stimulus.

In one class tonsil operations were at such a premium that one child was heard to refer to hers as a "treat" the nurse had given her. In another a mother who was in the beginning firmly opposed to the operation came later of her own accord and said that she would have to give in, for her boy would not leave her alone until it was done. "That I can sleep," she said, "take him to-day."

A School for Mothers

The first days of the school of health showed two hopeful signs, one on paper and one among the children. In one class every chart but one, a tonsil case, showed a gain. Also, a doctor who visited the school on the first day returned on the tenth and said that instead of the usual effect of lassitude shown by groups of children as the summer heat increased he noted a marked increase in vitality, both in the looks and actions of these children.

Every mother in the city should have her child weighed and measured and know just where he stands in relation to the normal. If he is under weight she would do well to visit the school of health and study its methods, for the school is glad to serve as a demonstration as well as to meet the problem which it has definitely undertaken.

The Feast of Mondamin



By JEANNETTE YOUNG NORTON

"When the autumn changed the long green leaves to yellow, And the soft and juicy kernels Grew like wampum hard and yellow, Then the ripened ears he gathered, Stripped the withered husks from off them, As he once had stripped the wrestler; Gave the first feast of Mondamin, And made known unto the people This new gift of the Great Spirit."

ALMOST every one loves roasted corn. We say "loves" advisedly. At old-fashioned clambakes corn always lent ears to the complaints of the lobsters and chickens buried in the seaweed among the seething stones. At beach parties the roasted ears are eaten as a great dainty, while with apples and potatoes, purloined by small boys on their way to the "swimmin' hole," corn is roasted at the end of a "perfect day."

Yet how seldom roasted corn is enjoyed in the privacy of a suburban home or as a novelty in a city apartment! "Too much trouble in the kitchen" or "Impossible in a flat" are the excuses given, yet it is so easy to prepare and as just as good as when eaten under any of the foregoing conditions.

Return your tea obligations, Mrs. Hostess, with a harvest party, and see how thoroughly this old-fashioned hospitality will be enjoyed. Incidentally, see how modest the cost compared to that of other affairs.

The menu consists of chicken short-cakes, roast corn, pumpkin pie and coffee. Use gray linen or paper tablecloth and napkins, with late garden or field flowers for decoration. Invite only as many guests as may be comfortably seated at table.

While the guests are eating the short-cakes, which may be accompanied by homemade pickles or sauces, the corn will be roasting. It should be served on large plates, with small plates of extra butter and individual salt shakers. Corn holders are a comfort to use, but as the corn is served sans ceremony they are not a necessity.

In making the shortcakes boil two chickens until tender, then remove the

meat from the bones, cut it small and put it into a good cream sauce. Make large quick biscuit of barley flour, split and butter hot and fill with the chicken mixture. Serve garnished with parsley.

As a side economy, put the chicken bones back into the water, which should have had a bay leaf, an onion, three stalks of celery, two cloves, a diced carrot and a little parsley boiled with the chicken to flavor it; boil gently three-quarters of an hour, strain and set aside for the grease to rise. When risen take it off and set the bouillon aside for future use; add two table-spoonsful of chopped suet to the fat and cook until it is melted; then strain through a hot cheesecloth.

For the corn cookery. Allow two large or three small ears to a person. Husk and silk them carefully, then tie them in cheesecloth squares, six or eight ears in a square, then drop them into a boiler of fast boiling water; do not add salt, as that makes them tough. Boil for from eight to ten minutes, lift and drain, then lay the ears on the grating of the gas broiler under the full flame and turn as rapidly as they roast, using two long forks for the purpose. Sprinkle with salt, butter lightly and serve at once. To hasten matters, an extra grill can be laid over the gas holes on top and raised on bricks or blocks two or three inches above the flame, and the ears will roast perfectly there. The whole thing is easily and quickly done. If any of the corn is to be held back for a late guest put it in a steamer to keep warm, but do not let it stand in the water.

The golden pumpkin filling will have to rest in a barley crust, but it may be seasoned in the good, old-fashioned way. After being cooked and mashed smooth (an average pumpkin will yield about six cups of pulp) two beaten eggs are added, with a cup of sugar and a teaspoonful of salt, half a cup of cream and two level table-spoonsful of butter. Last of all, add a teaspoonful of flour and two level table-spoonsful of pulverized ginger to a cup of molasses and beat all ingredients together well, and it is ready for use. This is the "down East" recipe.

A sure way for making good barley crust is to use a cup and a half of barley flour, a scant half cup of cooking oil, a teaspoon of salt and half a teaspoon of baking powder, then four table-spoons of ice water. Mix well, roll out on a board dusted with wheat flour. This is enough crust for a covered pie or for two shells (lower crusts). Old-fashioned cooks always say that the flavor of pumpkin pies is better "the second day"—that is, after baking allow the pies to stand overnight in a cold, dry place, then reheat before serving.

The best coffee, carefully selected, scientifically made and daintily served, tops the feast. Cream should be poured into the cup and the coffee turned on it to get the right result; cold whipped cream put on top is an abomination which is detrimental to the flavor and cools the beverage. Hot milk, when not allowed to scald, is a good substitute for cream.

Sweet and Sour Savories

By MARGARET HAMELIN

PICKLING, preserving, drying and general food conserving fill the days of patriotic women who are playing at follow the leader with Herbert Hoover. What we want is secondary just now. Our thrift lessons have finally got in under the skin and we are doing as well as "can be expected" with the materials at our command.

Life will be sustained in a cut and dried fashion, so to speak, next winter, but a few sweet and sour dainties will at least relieve the monotony. The other woman's way is always of interest, and the following recipes will be found worth while if the directions are carefully followed. Such savories call for much smaller amounts of sugar than preserves and are very appetizing.

It is economy to use our sugar ration in such ways rather than to eat it on raw fruits, in candies or in desserts. In these recipes it stores away perishables for the winter days when the housekeeper's purse and ingenuity will be doubly taxed to serve appetizing meals.

Preserved Blueberries

To each quart basket of firm berries, washed and picked over, allow one-half of a pound of sugar, juice of half a lemon and one cup of water. Cook sugar, water and lemon for ten minutes, adding a small spice bag. Remove the bag, skim carefully and add the berries; cook ten minutes, skim and seal hot.

Tomato Marmalade

Chop twenty-five firm, ripe tomatoes coarsely. Chop twelve onions, twelve seeded peppers and two stalks of celery fine. Put all into the kettle with a pint each of vinegar and water and a teaspoon of mixed spices. Cook until thoroughly soft and done, then put through a sieve. Add one pound of brown sugar and cook down until thick. Pot, and when cold pour a little olive oil on top of each pot, then cover down.

Sweet Pickled Citron Melon

Pare the melon thin and cut in convenient pieces. Cook in salt water, a quarter cup of salt to a quart of water, fifteen minutes. Drain and leave in cold water to freshen. Drain and put into lime water to stand over night, using one ounce of lime to two quarts of water. Make a syrup of one pint each of vinegar and water, a pound of sugar, a half cup of honey, a sliced seeded lemon, two pieces of green ginger root, a handful of broken cinnamon bark and a teaspoonful of cloves. Cook five minutes, then add the drained melon. Cook until tender, then remove the melon, fill it neatly into a crock, boil down the syrup three minutes, then turn it over the melon. Cover, keep dry and cool until used.

Dried Apple Butter

Wash and soak one pound of dried apples over night. Cook until they are



very soft, then rub through a sieve, add to the pulp one-half pound of brown sugar, a thinly sliced and seeded lemon, a teaspoon each of cinnamon and ginger and a half teaspoon of cloves. Be sure that the ground spices are fresh. Add a teaspoon of butter and cook down slowly to the right consistency, stirring often.

Prune Marmalade

Soak and cook five pounds of large prunes until very tender. Cool, remove the stones and chop them fine. Add a cup of honey, one and one-half pounds of sugar, a thinly sliced and seeded lemon, juice of a grapefruit, a teaspoon each of ground ginger and cinnamon and a half teaspoon of cloves. Add two cups of the water the prunes were stewed in and cook down slowly to the right consistency.

Cranberry Catsup

Cook five pounds of cranberries in one quart of vinegar until they all burst, then strain through a sieve. Add two pounds of brown sugar, two table-spoons of paprika, one level teaspoonful of salt, two table-spoonsful of cinnamon, one of cloves and a half teaspoonful of ginger. Cook fifteen minutes, bottle and seal.

Bombay Onions

Pare as many pickling onions as desired and boil in vinegar enough to cover them. When tender drain and pack in wide mouthed jars with small red peppers, a teaspoonful of salt to a jar, and a piece of green ginger root. Cover with fresh vinegar and cork tightly.

Curry Chow

Chop fine twelve perfect green tomatoes, four Spanish onions, six seeded peppers and six seeded cucumbers. Chop two buds of garlic with a bunch of celery and add two pieces of broken ginger root. Cover with two quarts of vinegar. When hot add one pound of brown sugar, one teaspoonful of dry mustard, the same of salt, two table-spoonsful of curry powder, one table-spoonful of mixed round spices, a table-spoonful of cayenne pepper and a teaspoonful of fresh fennel seed. Cook slowly for two hours, stirring often. Store in sealed jars. The dry ingredients should be blended smooth with a little of the hot vinegar.

Co-operative Buying Spells Thrift

IF YOU want to buy for the home to the best advantage, as a business man would buy for his "house,"

telephone the organizer of the Tribune Institute Consumers' Buying Club (Morningside 8775) and ask for his prices on eggs, butter, beans, prunes and the like, and what you must do to be a "joiner."

A. L. P.

